February-March 2013

# Recreater

# Recreation, Sports & Leisure Brochure



# YOUTH

# Art

### **KIDZART**

KidzArt is a drawing based educational program proven to build self confidence

through artistic expression in a fun and positive environment. Please bring \$30 supply fee to first class.

5-10 yrs / 6 wks / \$55 (+\$30 fee) Middletown Rec Center

17073 Thu, 3/7 4:30-5:30 pm 17074 Thu, 3/7 5:45-6:45 pm

### KIDZART TEENZART

TeenzArt is the next step to challenge our students to learn from a customized fun curriculum that promotes and challenges independent creative thinking and designs. Students experience exciting projects using many professional media, styles and techniques. Please bring \$40 supply fee to the first class. 11-15 yrs / 6 wks / \$55 (+\$40 fee)

Middletown Rec Center

17089 Mon, 3/4 4:30-5:30 pm

# Basketball Prep

Children will review the skills associated with Basketball focusing on skill development, game rules, and smallsided games to help

reinforce the skills they have learned. 5-6 yrs/ 5 wks/ \$29

Middletown Rec Center

4:30-5:15 pm 16693 Fri, 3/1

6-8 yrs/ 5 wks/ \$29 Middletown Rec Center

**16708** Fri, 3/1 5:30-6:15 pm

# Flag Football Prep

Children will review the skills associated with flag football focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Middletown Rec Center

4:30-5:15 pm 16715 Tue, 2/26

6-8 yrs/ 5 wks/ \$29

Middletown Rec Center

# **16723** Tue, 2/26 5:30-6:15 pm

# Soccer Prep

Children will review the skills associated with Soccer focusing on skill development, game rules, and small-sided games to help reinforce the skills they have learned.

5-6 yrs/ 5 wks/ \$29

Middletown Rec Center

**16772** Thu, 2/28 4:30-5:15 pm

6-8 yrs/ 5 wks/ \$29

Middletown Rec Center

**16784** Thu, 2/28 5:30-6:15 pm

### **PRESCHOOL**



# Arts & Crafts

# KIDZART PRE-K

KidzArt Pre-K helps preschoolers slow down, focus and see the world around them, often for the first time. Students have fun creating works of art using basic shapes & drawing techniques. With interactive story and song time & fun curriculum, preschoolers learn to work with others & build self confidence through artistic expression. Please bring a \$35 supply fee to first class.

3-5 yrs / 6 wks / \$55 (+\$35 fee) Middletown Rec Center

**17132** Mon, 3/4 5:45-6:45 pm

# Fitness

## **CARDIO SCULTING PARTY**

Dance your way to fitness as you get moovin' and groovin' to several different styles of music followed by a Total Body resistance workout to create a sleek, toned body. Students should bring dumbbells and an exercise mat.

18+ yrs / 6 wks / \$42 Valley Elementary School **16873** Thu, 3/14 6:30-7:30 pm

### NEW! R.I.P.P.E.D.

The One Stop Body Shock is a "Plateau Proof Fitness Formula" that helps you to create continuity. consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof because each component of the workout provides a uniquely different emphasis or system response so your body never gets accustomed to the constantly changing format. Thus, regular R.I.P.P.E.D. participants achieve undeniable, ultimate results in minimal time, boasting 750-1000 calories burned in just 45 minutes.

14+ yrs/ 6 wks / \$45 Middletown Rec Center Instructor – Stephanie L.

**16965** Tue, 3/5 7:00-7:45 pm **16966** Wed, 3/6 8:00-8:45 pm





### **SHARQUI**

Shimmy into fitness while you learn the art of belly dance! SharQui combines the soul-stimulating elements of the art form of belly dance with a cardio workout. This dance based workout will improve your posture; build strength, speed, and stamina while learning technique while teaching you the building blocks of belly dance. Be empowered! All body types welcome. A hip scarf is recommended, but not needed the instructor will have 'loaners' available. Barefoot or ballet flats.

**18+ yrs / 6 wks / \$42** *Valley Elementary School* **16980** Tue, 3/12 6:30-7:30 pm





# YOGA MIND, BODY AND SPIRIT

Yoga is a form of exercise that uses practical exercises by blending them in user-friendly styles of stretches and flexibility, strength and balance in controlled movements which is easy to get into, understandable, and doable by individuals at any level of fitness. You will increase your flexibility, strength and balance. Taught by a Certified YogaFit Instructor.

**18+ yrs / 6 wks / \$42** *To the Pointe Dance Studio* **16982** Mon, 3/11 6:30-7:30 pm



### **ZUMBA**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. No previous aerobic or dance experience necessary. No rhythm? No problem...Just come...move fast...have FUN...you'll see! 14+ yrs/ 6 wks / \$30 Middletown Rec Center Instructor - April D. 16919 Mon, 3/4 7:00-8:00 pm Instructor - April D. **16918** Sat, 3/9 8:00-9:00 am Instructor - Stephanie L. 16917 Wed. 3/6 7:00-8:00 pm



# Drop-In Programs MIDDLETOWN REC CENTER

 Sun
 Over 40 Basketball
 7:30-9:30 pm

 Mon
 Over 18 Basketball
 7:30-9:30 pm

 Wed
 Over 30 Basketball
 7:15-9:15 pm

 Fri
 Under 18 Basketball
 7:15-9:15 pm

For more details on start dates visit www.recreater.com



# Frederick County Division of Parks and Recreation REGISTRATION FORM

Mail: FCDPR, 118 North Market St., Frederick, MD 21701 (Please make check payable to Frederick County Treasurer)

Online: www.Recreater.com

Parent/Guardian Name (if participant is under 18 years of age)								
Address	, <u>, , , , , , , , , , , , , , , , , , </u>	City	State	Zip				
Home Phone	Work/Cell Phone	E-	-mail					
Emergency Contact Name		Emer	gency Phone					
Medical Conditions: Participant name:		Medical Condition:	·					

Participant's Name	Gender	D.O.B.	Program Name	Program Code	Fee
		1 1			\$
		1 1			\$
Attach additional registrations on a separate piece of paper if necessary					\$
Credit Card (Visa, MasterCard, Discover)	Card #		Exp. Date	We will notify you is a problem or a the progra	change in

Waiver of Liability: By my signature below, I acknowledge that there are inherent risks and dangers associated with recreation program/s and therefore, I hold the Board of County Commissioners of Frederick County (BoCC) harmless from all claims for injuries, damage, or loss which may result from me or my child's participation in the program/s listed above. Further, in compliance with Maryland HB 858 and SB 771, I hereby acknowledge that I understand the risks of concussions in sports and am aware of the concussion information which is found at <a href="https://www.recreater.com">www.recreater.com</a>

<u>Discipline Policy:</u> I understand that the Division has a discipline policy for conduct in recreation programs and facilities. In the event that I/my child is asked to leave a program/facility, I understand that the registration fee will not be refunded to me.

Authorization for use of Photographic Likeness: I agree to allow Frederick County Parks and Recreation to take and utilize photos, slides, and video images of the above registered individual/s for the purpose of promotion and publicizing of the Division's programs and/or events. If I prefer to not allow the above registered individual/s to be photographed, I will call 301-600-1684 to register my request.

Signature	Date	

**Refund policy:** If you want to withdraw from a program, call 301-600-2936. All requests for refunds must be made 2-weeks prior to the start of the program. A \$4 processing fee will be charged for each participant per program refunded. All refund requests must be approved by the Recreation Superintendent. Refunds will be issued according to the original method of payment, unless payment was made by cash, then a check will be issued.